

Winter Newsletter

January 2025



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Winter 2025 Programs Registration

In person at Rosemont School, Tuesday
January 14th from 7:00-8:00 pm
Online at www.rmrca.com from January
3rd-19th, 2025

Register for all RMRCA & affiliate group
programs. Details on page 5-7.

RMRCA membership cards will be
available for purchase.

A Message from RMRCA

Season's Greetings and Happy New Year Rosemont Mount Royal! With our Fall programming behind us we look to a new year, new programs, and new ways of helping our community grow and thrive. Leading up to the end of 2024, the RMRCA stepped outside their comfort zone and tried a couple new things while leaning into our role as community leaders and event/service deliverers.

In October, we hosted a public candidate open forum at Rosemont School where we invited Mayoral, Councillor, and School Board Trustee candidates to come before the community and speak to their platforms, and more importantly, speak to the question being presented from the Board around the very real resource gap that exists in West Regina when it comes to multi-purpose space. On that note, thanks to all those that took the time to participate, and congratulations to the new slate of School Board Trustees, Councillors, and Mayor! In terms of events, something new we tried was an Evening with Santa. To bring this to the community, in December we teamed up with the Community of Christ Church on 8th Avenue. We decorated their hall and invited the community to come sit with Santa, indulge in some goodies, listen to some music, and had a special ornament handcrafted by "Handmade by April Dawn", one of our local artisans, for kids to take home to their trees. So with that, a special thanks to Pastor Dan for having the willingness to collaborate, to all the volunteers for bringing this together, and of course, to Santa for making an early stop to bring some smiles to some faces.

Looking forward into 2025, we have some new programming ideas to try out which should also include a continuation of our Kids Craft classes that were held at the Jack Hamilton multi-purpose space in October and December. For a comprehensive list of pop-ups and programs that we have planned already, just read through our newsletter. Speaking of events, later on in 2025, we will be having our Annual General Meeting that, much like our normal monthly board and residents meetings, will be open to the public. So put a mark on your calendar for March 20th and keep an eye on our Facebook Page/Website/Outdoor Signs for more details as we get closer to that date.

To wrap things up, make sure to give the rest of our newsletter a read because it's full of good little tidbits for folks to enjoy and learn more about our area. On that note, if you're looking for ways to help our your community, the easiest thing to do is to keep looking out for one another, get to know your neighbours, shovel that seniors sidewalk, and keep supporting those local businesses!

Cheers,
Alex Tkach - Chairperson
Rosemont Mount Royal Community Association

Advertise with us!

The RMRCA has 3 outdoor signs located throughout the community that are available for rent to all public/community organizations and businesses. Highly visible signs are located on McCarthy Blvd (by A.E. Wilson Park), 4th & Lewvan (NW corner), and Dorothy & Mikkelson (corner by Mable Brown Park). Signs can be rented weekly, space permitting, on individual locations or on all three signs. For a full list of prices and locations check Advertising Policies & Rates at www.rmrca.com/policy or email us at mail@rmrca.com

Annual General Meeting

The RMRCA Annual General Meeting will be held at Rosemont School gym and online via Teams on Thursday, March 20th, 2025 at 7:00 pm. (date & time may change)

All community residents are welcome to attend either in-person or online. Further meeting information to be provided closer to the date through e-news and Facebook.



The Rosemont Mount Royal Community Association Board mourns the loss of Steve Bogues, a dedicated volunteer Board Member who passed away last summer.

Steve's tireless commitment to our Community spanned over 30 years. His presence and contributions will be missed by this Community Association Board and all who knew him. Steve was always there, for so many years, and his unwavering dedication helped make Rosemont Mount Royal an even better place to live.

Snow Angels Sponsors

The Rosemont Mount Royal Community Association would like to extend a heartfelt thank you to the following sponsors for their generous support of the Snow Angels Program: Crawford No Frills, Juliana Pizza, Rosemont Hardware, Sherwood Co-op, and Fuddruckers. Your contributions are instrumental in ensuring that our volunteers have the resources they need and are recognized for their dedication to the community.



Club Whist

Come out for a fun night of playing the card game of whist. Starting January 7th, 7:00 pm, at Christ Lutheran Church downstairs. Adults, from beginners, to those who have been playing whist for a while. If you don't know how to play court whist, we will help you learn. Cost is \$2 per person per night; this goes toward coffee and small prizes for the winners. We play every two weeks. Everyone is welcome for a night of cards ending with a snack and conversation.

RMRCA Volunteer Scholarships

RMRCA believes that volunteer involvement is an integral part of a strong and prosperous community. To encourage this value, the RMRCA rewards those who demonstrate outstanding volunteer involvement in their school, their community and city.

There are changes coming to the eligibility criteria for our Volunteer Scholarships, so stay tuned to our website, Facebook & E-news for updates!

Buy a Membership Card - Support Your Community



For over 30 years, the RMRCA has worked to bring a variety of sport, recreation, culture and social programs to the people of this Community. Serving over 4,000 homes makes the RMRCA one of the largest community associations in the City of Regina!

RMRCA depends on the Family Membership Cards that are sold each year to the Community. RMRCA uses these funds to keep your community vibrant by bringing the events and programs that you want to the area. Funds are also used to make donations to neighbourhood schools and charitable organizations; to provide scholarships to youth volunteers and to keep you informed... just to name a few!

Becoming a member of the Rosemont Mount Royal Community Association is a great way to support your community, the Association, and to stay informed about RMRCA programs and events. Even if you don't take part in any of the events or programs, you can still support your Community!

A RMRCA Family Membership Card is available to any family or individual for a small price of \$5.00 and is valid for one year, September 1st—August 31st. Membership cards can be purchased at the Program Registration time; Online at www.rmrca.com; or by emailing us at mail@rmrca.com

Might just be the best \$5 you spend this year!



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RMRCA Winter 2025 Programs

Registration for Winter 2025 programs will be held in person on January 14th at Rosemont School from 7:00 to 8:00 pm and also online from January 3rd-19th at www.rmrca.com/programs. Registrations will remain open until programs begin. Late registrations may be accepted if class size permits, please email us at mail@rmrca.com to inquire about availability.

To register for RMRCA programs this winter, visit www.rmrca.com to fill out the online form or come see us on Registration Night at Rosemont School, 841 Horace Street.

Payment Options

E-transfer to programs@RMRCA.com (set password as 'Rosemont')

If you would like to pay by cash or cheque, call Helen at 306-543-9152 to arrange. Make cheques payable to Rosemont Mount Royal Community Association.

Community Membership Card is required to participate in programs; \$5.00 per household. Membership Card is valid from September 1st, 2024—August 31st, 2025.

Need help? Anyone requiring financial assistance in order to register for any RMRCA programs should submit their request in writing by email to mail@rmrca.com

Youth Programs

Basketball Skills

Dates: Wednesdays, Jan. 22nd-Apr. 2nd
(no class February 19th)

Ages 7-10: 6:30-7:30pm

Ages 11-14: 7:45-8:45pm

Location: Walker School gym

Cost: \$50

Adult Programs

Instructors will contact registered participants with details for online Zoom classes. Please ensure you have sufficient space in your home to participate.

Zumba, 18+ years

Dates: Mondays, January 20th - March 31st

Time: 6:30-7:30 pm

Location: Walker School gym

Cost: \$50

Yoga, 18+ years

Dates: Mondays, January 20th - March 31st

Time: 7:45-8:45 pm

Location: Walker School gym

Cost: \$50

Fire & Flow Fitness, 18+ years

Dates: Tuesdays, January 21st - April 1st

Time: 7:00-8:00 pm

Location: Walker School gym

Cost: \$50

Forever in Motion, 55+ years

Dates: Mondays, Wednesdays & Fridays,
January - June 2025

Time: 10:00-11:00 am

Location: Heritage United Church

Cost: Free with membership card

Tai Chi / Chair Tai Chi, 55+ years

Dates: Tuesdays, January 21st - June 17th

Time: 10:00-11:00 am

Location: Online, Zoom

Cost: Free with membership card

Chair Yoga, 55+ years

Dates: Thursdays, January 23rd - June 19th

Time: 9:00-10:00 am

Location: Online, Zoom

Cost: Free with membership card

RMRCA Winter 2025 Pop-up Programs

The RMRCA will be hosting several pop-up classes this Winter. All classes will require a Community Membership Card for registration. Stay tuned to our website, Facebook page and E-news for more details as the dates get closer and for more pop-ups!

Beginners Stained Glass, Ages 16+ **Presented by The Glassy Gardener, Katerina Malagride**

Sunday January 19th, 1:00-3:00 pm

Location: TBD

Cost: \$100 (includes the cost of supplies)

In this class, students will learn to select coloured pieces of glass to create their own unique honeycomb suncatcher. You will learn how to wrap each piece in copper foil, and how to attach them using a soldering iron. You must wear close-toed shoes and clothing you don't mind working in! Bring your own safety glasses if you would like to use your own.

Valentine's Fun Kids Crafts, Ages 5-8 years

Saturday February 8th, 1:00-3:00 pm

Location: TBD

Cost: Free with RMRCA family membership fee

Kids ages 5-8 are invited to join this class to make a Valentine's themed craft to take home. All supplies provided. Things could get messy so be sure to bring an apron or paint shirt.

Intro to Generative Artificial Intelligence, Ages 18+

Presented by Alex Tkach

Date: March 23rd, 12:00-2:00 pm

Location: TBD

Cost: \$50

This primer course introduces people to AI Ethics, Generative AI tools, hands on examples through using Large Language Modes (LLM's), Text to Image (TTI), Video Generation, and how to get started with local image generation.

Writing Place, Ages 16+ **Presented by Kelly-Anne Riess**

4 session series, Wednesdays, January 29th - February 19th, 7:00-9:00 pm

Location: TBD

Cost: \$100 per session

Explore the rich history, nature, and community of West Regina in this four-part creative writing workshop. Through hands-on exercises and group discussions, you'll learn to create vivid, sensory-rich writing inspired by local surroundings. Open to all genres and experience levels, the series concludes with tips on publishing and connecting with the larger Saskatchewan writing community.



Storytelling & the Job Interview, Ages 16+ **Presented by DW Coaching, Deborah Walker**

Saturday January 25th, 1:00-4:00 pm

Location: TBD

Cost: \$75

This class will teach many important skills relevant to a successful job interview:

- Impromptu Speaking Exercise (includes 5 different ways of responding to impromptu questions)
- Your Verbal Business Card (how to hook them with one sentence and make them want to know more)
- STAR Interview Method (and how good storytelling gives you an advantage)
- Mastering the "tell us about yourself" interview question



West Zone Board Winter 2025 Programs

For information regarding West Zone Board programs, please visit their website www.westzoneboard.ca
Online registration opens on January 2nd. Participants must have valid Community Membership Card which can be purchased at time of registration.

Learn to Skate, Ages 3-5 & 6-12

Saturdays: Jan. 18 - Mar. 8, Ages 3-5, 9:30 - 10:05 am and Ages 6-12, 10:10 - 10:50 am, Kinsmen Arena
Sundays: Jan. 19 - Mar. 9, Ages 3-5, 3:45 - 4:20 pm and Ages 6-12, 4:25 - 5:05 pm, Doug Wickenheiser Arena
Cost: \$80/session (plus \$10 Community Association membership)

Little Stars Academy Hockey Camp, Ages 4-7

Sundays: Jan. 19 - Mar. 9, 5:05 - 5:45 pm, Doug Wickenheiser Arena
Cost: \$110 (plus \$10 Community Association membership)
PREREQUISITE REQUIREMENT: Learn to Skate

Learn Magic for Kids!, Ages 5-13

Tuesdays: Jan. 21 - Feb. 25, 7:00-8:00 pm, Doug Wickenheiser Arena
Cost: \$200, includes the cost of all the props (plus \$10 Community Association membership)

West Zone Taekwon-do 2023/2024, Ages 5+

Beginner and Intermediate/Senior classes available on Monday's and Wednesday's. Email wztaekwondo@gmail.com or visit them on Facebook for more details.

First Aid, 18+ years

Standard First Aid - Tuesday, January 21, 8:30-5:00 pm - Location TBD, Cost: \$120
Standard First Aid Re-certification - Sunday, January 26, 8:30-5:00 pm - Location TBD, Cost: \$90
Psychological First Aid - Wednesday, January 22, 8:30-4:30 pm - Location TBD, Cost: \$120

Ehrlo Outdoor Hockey League

All skill levels welcome! Register online at www.ehrlo.com/sport-venture or email sportventure@ranchehrlo.ca for more information.

Wednesdays, Rosemont School Rink, 6:00pm
January 15th to March 5th
Ages 8-16



Keep up to date on Community Events!

To make sure you are always in the know about events happening in and around our area, be sure to follow us on Facebook (@RMRCA), sign up for our E-newsletter, and check in with our website often.

RMRCA Current Board Members

To contact the RMRCA, please email us at mail@rmrca.com

Executive

Chair - Alex Tkach
 Vice Chair - Andrew Nestor
 Secretary - Emma Trobiak
 Treasurer - Helen Adams

Coordinators & Members-At-Large

Crystal Kish
 Dan Riess
 Elaine Dittman
 Jessica Riess
 John Quong
 Maria Krznar
 Melissa Wieb
 Theresa McQuoid

Community Contacts

Regina Lewvan - Member of Parliament	Warren Steinley	306-790-4747	warren.steinley@parl.gc.ca
Regina Mount Royal - Member of the Legislative Assembly	Trent Wotherspoon	306-565-2444	reginarosemont@ndpcaucus.sk.ca
Regina Elphinstone-Centre - Member of the Legislative Assembly	Meara Conway	306-352-2002	reginaelphinstonecentre@ndpcaucus.sk.ca
City Councillor - Ward 8	Shanon Zachidniak	306-552-5932	szachidn@regina.ca
Regina Public School Board Trustee	Sarah Cummings-Truskowski	306-540-4714	Sarah.CummingsTruskowski@rbe.sk.ca



The Rosemont Mount Royal Community Association would like to thank the City of Regina for being our Program Partner and helping us bring our Community great programs for the whole family. ~ Thank you!



Stay In Touch
 Email: mail@rmrca.com
 Website: www.rmrca.com



[HTTPS://KARMAAI.IO](https://karmaai.io) |
 [HTTPS://KARMAAI.ART](https://karmaai.art) |
 [HTTPS://REGINA.COMMUNITY](https://regina.community) |
 [HTTPS://TKACH.WORKS](https://tkach.works) |
 [WWW.FQENTERTAINMENT.CA](http://www.fqentertainment.ca)



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